

Toxicity Monitoring			
Phone call completed <input type="checkbox"/>	Weekly blood test <input type="checkbox"/>	Toxicities checked <input type="checkbox"/>	Exercise recorded <input type="checkbox"/>
Date:	Date:		

Study ID \_\_\_\_\_

Week: \_\_\_\_\_

Common Terminology for Adverse Events Grading (CTCAE v5.0)						
Symptom Assessment	Nil	Grade 1	Grade 2	Grade 3	Grade 4	Duration of Sx.
Fatigue/Lethargy		Fatigue relieved by rest	Fatigue not relieved by rest; limiting instrumental ADL's	Fatigue not relieved by rest, limiting self care ADL's.	-	Resolved <input type="checkbox"/>
Nausea		Loss of appetite without alteration in eating habits.	Oral intake decreased without significant weight loss, dehydration or malnutrition.	Inadequate oral caloric or fluid intake, tube feeding, TPN or hospitalisation indicated.	-	Resolved <input type="checkbox"/>
Vomiting		Intervention not indicated	Outpatient IV hydration; medical intervention indicated.	Tube feeding, TPN or hospitalisation indicated.	LTC	Resolved <input type="checkbox"/>
Weight loss		5-<10% from baseline, intervention not indicated.	10-<20% from baseline, nutritional support indicated.	>20% from baseline, tube feeding or TPN indicated.	-	Resolved <input type="checkbox"/>
Weight gain		5-<10% from baseline	10-<20% from baseline	>20% from baseline		Resolved <input type="checkbox"/>
Constipation		Occasional or intermittent symptoms, occasional use of stool softeners/laxatives/enema.	Persistent symptoms with regular use of laxatives or enemas, limiting instrumental ADLs	Manual evacuation indicated, limiting self care ADLs	LTC	Resolved <input type="checkbox"/>
Diarrhoea		Increase of <4 stools per day over baseline	Increase of 4-6 stools per day over baseline	Increase of >7 stools per day over baseline; hospitalisation indicated.	LTC	Resolved <input type="checkbox"/>
Mucositis		Asymptomatic or mild symptoms; intervention not indicated.	Moderate pain or ulcer that does not interfere with oral intake	Severe pain; interfering with oral intake	LTC	Resolved <input type="checkbox"/>
Peripheral Neuropathy		Asymptomatic	Moderate symptoms, limiting instrumental ADLs	Severe symptoms, limiting self care ADLs	LTC	Resolved <input type="checkbox"/>
Pain		Mild pain	Moderate pain, limiting instrumental ADLs	Severe pain, limiting self care ADLs	-	Resolved <input type="checkbox"/>
Dyspnoea		Shortness of breath with moderate exertion	Shortness of breath with minimal exertion limiting instrumental ADLs	Shortness of breath at rest limiting self-care ADLs	LTC	Resolved <input type="checkbox"/>
Febrile Neutropenia		-	-	ANC <1.0 with a single temp of >38.3degC or sustained temp >38degC for more than 1 hour.		Resolved <input type="checkbox"/>
Mood/Depression/Anxiety		Mild mood changes	Moderate mood changes, limiting instrumental ADLs	Severe mood changes, limiting self-care ADL	LTC ; threats of harm to self/ others	Resolved <input type="checkbox"/>
Memory/cognition		Mild cognitive changes/memory troubles not interfering with work/school/life	Moderate cognitive/memory changes interfering with ADLs but capable of independent living	Severe cognitive/ memory issues, significant impairment of work/work		Resolved <input type="checkbox"/>
Insomnia		Mild difficulty falling asleep, staying asleep or waking up early.	Moderate difficulty falling asleep, staying asleep or waking up early	Severe difficulty falling asleep, staying asleep or waking up early		Resolved <input type="checkbox"/>
Other						Resolved <input type="checkbox"/>
Other						Resolved <input type="checkbox"/>

Most distressing toxicity this week: \_\_\_\_\_

Common Terminology for Adverse Events Grading (CTCAE 5.0)					
CTCAE Term	Grade 1	Grade 2	Grade 3	Grade 4	Duration of Sx
<b>Anaemia</b> <b>F (115-160)/</b> <b>M (135-180)</b> <b>g/L</b>	Hb <LLN-10g/L <b>F: 100-114</b> <b>M:100-134</b>	Hb <100-80 g/L <b>80-99</b>	<80g/L <b>Less than 80</b>	LTC; urgent intervention required	Resolved <input type="checkbox"/>
<b>White blood cell decreased</b> <b>(4.0-11.0) x10e9/L</b>	WCC <LLN-3.0 x10e9/L <b>3.00-3.99</b>	<3.0-2.0 x10e9/L <b>2.00-2.99</b>	<2.0-1.0 x10e9/L <b>1.00-1.99</b>	<1.0 x10e9/L <b>Less than 1.00</b>	Resolved <input type="checkbox"/>
<b>Platelet count decreased</b> <b>(150-400) x10e9/L</b>	<LLN-75.0 x10e9/L <b>75-149</b>	<75.0-50.0 x10e9/L <b>50-74</b>	<50.0-25.0 x10e9/L <b>25-49</b>	<25.0 x10e9/L <b>Less than 25</b>	Resolved <input type="checkbox"/>
<b>Neutrophil count decreased</b> <b>(2.0+) x10e9/L</b>	<LLN-1.5 x10e9/L <b>1.50-1.99</b>	<1.5-1.0 x10e9/L <b>1.00-1.49</b>	<1.0-0.5 x10e9/L <b>0.50-0.99</b>	<0.5 x10e9/L <b>Less than 0.50</b>	Resolved <input type="checkbox"/>
<b>Lymphocyte count decreased</b> <b>(1.2+) x10e9/L</b>	<LLN-0.8 x10e9/L <b>0.8-1.19</b>	<0.8-0.50 x10e9/L <b>0.50-0.79</b>	<0.5-0.2 x10e9/L <b>0.2-0.49</b>	<0.20 x10e9/L <b>Less than 0.20</b>	Resolved <input type="checkbox"/>
<b>Lymphocyte count increased</b> <b>() x10e9/L</b>	-	>4.0-20 x10e9/L <b>3.99-20.0</b>	>20 x10e9/L <b>&gt;20</b>	-	Resolved <input type="checkbox"/>
<b>Hypernatraemia</b>	<ULN-150mmol/L	>150-155mmol/L; intervention indicated <b>151-155/intervention</b>	>155-160mmol/L; hospitalisation indicated <b>156-160/hospitalisation</b>	>160mmol/L; life-threatening consequences <b>More than 160</b>	Resolved <input type="checkbox"/>
<b>Hyponatraemia</b> <b>mmol/L</b>	<LLN-130mmol/L <b>130-134</b>	125-129mmol/L and asymptomatic <b>125-129</b>	125-129mmol/L and symptomatic. 120-124mmol/L regardless of symptoms <b>125-129 (+symptoms)</b> <b>120-124 (+/- symptoms)</b>	>120mmol/L; life-threatening consequences <b>Less than 120</b>	Resolved <input type="checkbox"/>
<b>Hyperkalaemia</b>	<ULN-5.5mmol/L	>5.5-6.0mmol/L; intervention indicated <b>5.6-6.0/intervention</b>	>6.0-7.0mmol/L; hospitalisation indicated <b>6.1-7.0/hospitalisation</b>	>7.0mmol/L; life-threatening consequences <b>More than 7.0</b>	Resolved <input type="checkbox"/>
<b>Hypokalaemia</b>	<LLN-3mmol/L <b>3.0-3.5</b>	<3.0-3.5mmol/L; Symptomatic intervention indicated <b>3.1-3.5/intervention</b>	<2.5-3.0mmol/L; hospitalisation indicated <b>2.6-3.0/hospitalisation</b>	<2.5mmol/L; life-threatening consequences <b>Less than 2.5</b>	Resolved <input type="checkbox"/>
<b>Blood Bilirubin Increased</b>	>ULN-1.5xULN <b>20-30</b>	>1.5-3.0xULN <b>31-60</b>	>3.0-10.0xULN <b>61-200</b>	>10. X ULN <b>&gt;201</b>	Resolved <input type="checkbox"/>
<b>Alanine aminotransferase increased (ALT)</b>	> ULN -3.0xULN <b>40 - 120</b>	>3.0-5.0 x ULN <b>121-200</b>	>5.0-20.0 x ULN <b>201-800</b>	>20.0 x ULN <b>&gt;801</b>	Resolved <input type="checkbox"/>
<b>Alkaline phosphatase increased (Alk Phos)</b>	> ULN -2.5xULN <b>135-337</b>	>2.5-5.0 x ULN <b>338-675</b>	>5.0-20.0 x ULN <b>676-2700</b>	>20.0 x ULN <b>&gt;2701</b>	Resolved <input type="checkbox"/>
<b>GGT Increased</b>	> ULN -2.5xULN <b>60-150</b>	>2.5-5.0 x ULN <b>151-300</b>	>5.0-20.0 x ULN <b>301-1200</b>	>20.0 x ULN <b>&gt;1201</b>	Resolved <input type="checkbox"/>
<b>Hypoalbuminemia</b>	<LLN-30g/L <b>30-35</b>	<20-30g/L <b>20-29</b>	<20g/L <b>Less than 20</b>	Life-threatening consequences	Resolved <input type="checkbox"/>
<b>Hypermagnesaemia</b>	>ULN-1.23mmol/L <b>1.10-1.23</b>	-	>1.23-3.0mmol/L <b>1.24-3.0</b>	>3.30mmol/L; life threatening consequences <b>More than 3.30</b>	Resolved <input type="checkbox"/>
<b>Hypomgnesaemia</b>	<LLN-0.5mmol/L <b>0.5-0.7</b>	<0.4-0.5mmol/L <b>0.4-0.49</b>	<0.3-0.4mmol/L <b>0.3-0.39</b>	<0.3mmol/L; life threatening consequences. <b>Less than 0.3</b>	Resolved <input type="checkbox"/>